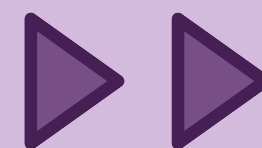
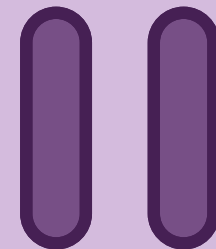
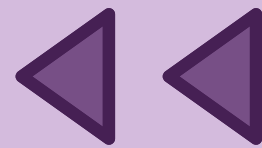


MUSIC FOR SELF-CARE

Megan McDonald MT-BC, NMT

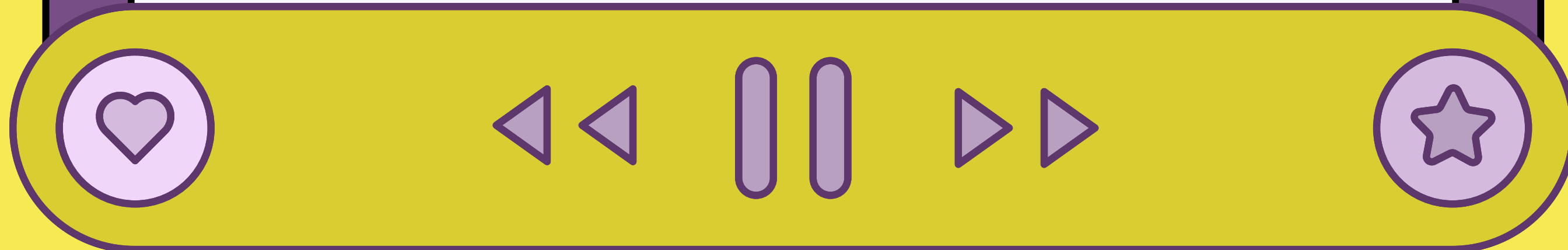
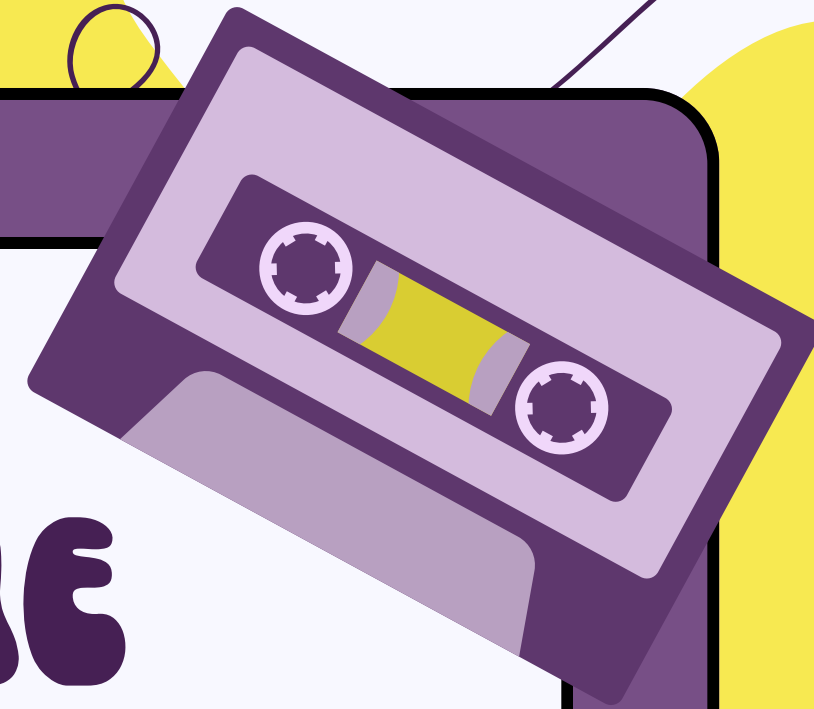




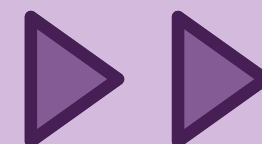
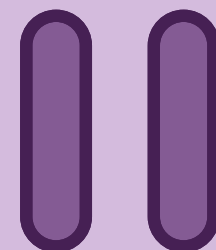
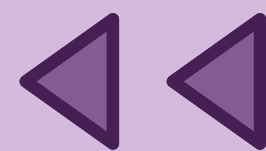
ABOUT MEGAN

I am a Board Certified Music Therapist and Neurologic Music Therapist working in NJ! I currently work in private practice (Meg McDonald Music LLC), where I provides music therapy services and music lessons for individuals with I/DD and Traumatic Brain Injuries. I also works at K. Hovnanian Children's Hospital, where I established their first music therapy program last year. I services the PICU, Hem/Onc Clinic, and General Peds floors, as well as the Stem Cell Transplant Unit. I graduated from Marywood University in Scranton, PA! Outside of work, I enjoy painting, spending time with my dog, going to concerts, and going to the beach!

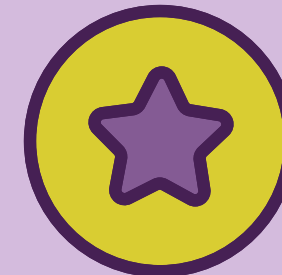
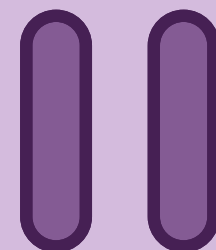
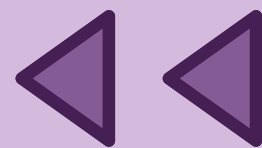
**WHY DID I BECOME
A MUSIC
THERAPIST?**



**A LITTLE BIT
ABOUT MUSIC
THERAPY**



**WHAT DO YOU
THINK MUSIC
THERAPY IS?**





WHAT IS MUSIC THERAPY?

Music therapy is a health profession that uses music and related elements to help people meet their physical, emotional, cognitive, and social needs. Music therapists utilize music to help individuals to achieve their functional goals! Goals vary from person to person



COMMON MUSIC THERAPY GOALS

- Providing opportunities for creative self-expression
- Providing opportunities for a positive emotional outlet
- Helping individuals develop positive coping skills
- Providing opportunities for socialization during times of isolation
- Assisting with pain management

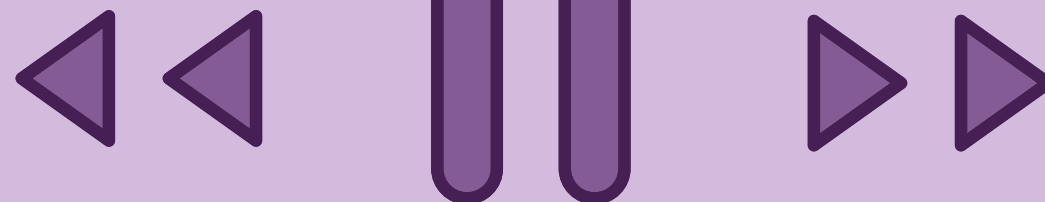
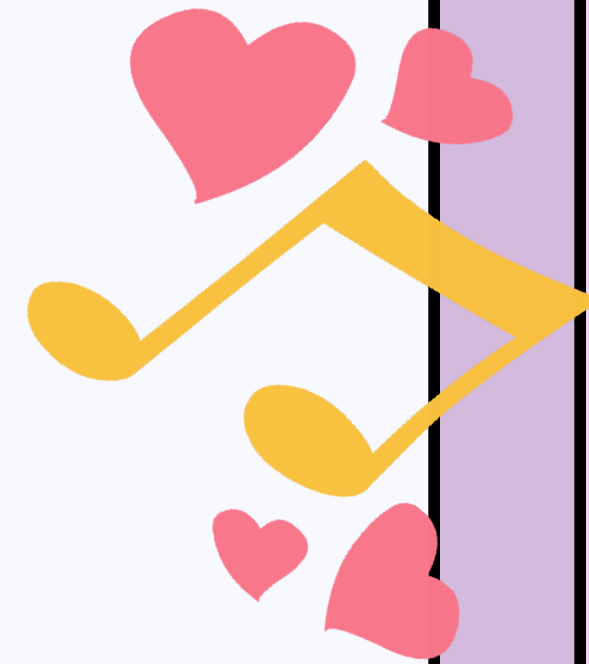


WHY MIGHT SOMEONE ENGAGE IN MUSIC THERAPY?

- Stress management
- Mood and emotion management
- Pain management
- Reduction of anxiety and depression
- Distraction/emotional outlet

Goals can be customized for each individual

**YOU DON'T HAVE TO
BE MUSICAL TO
ENGAGE IN MUSIC
THERAPY!**



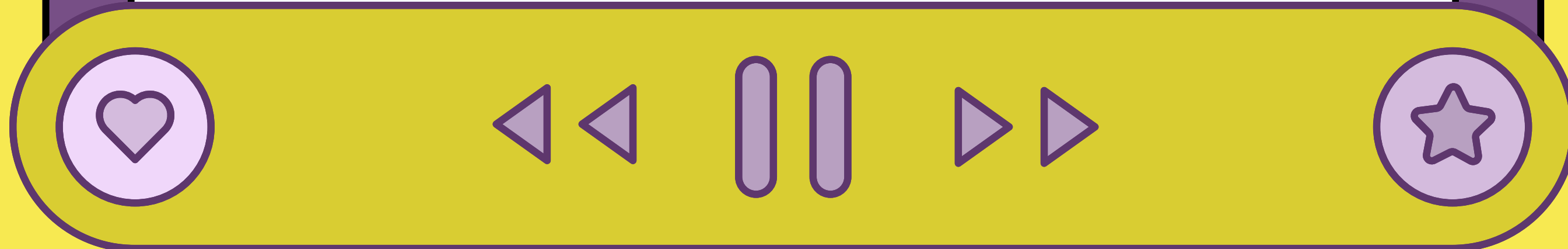
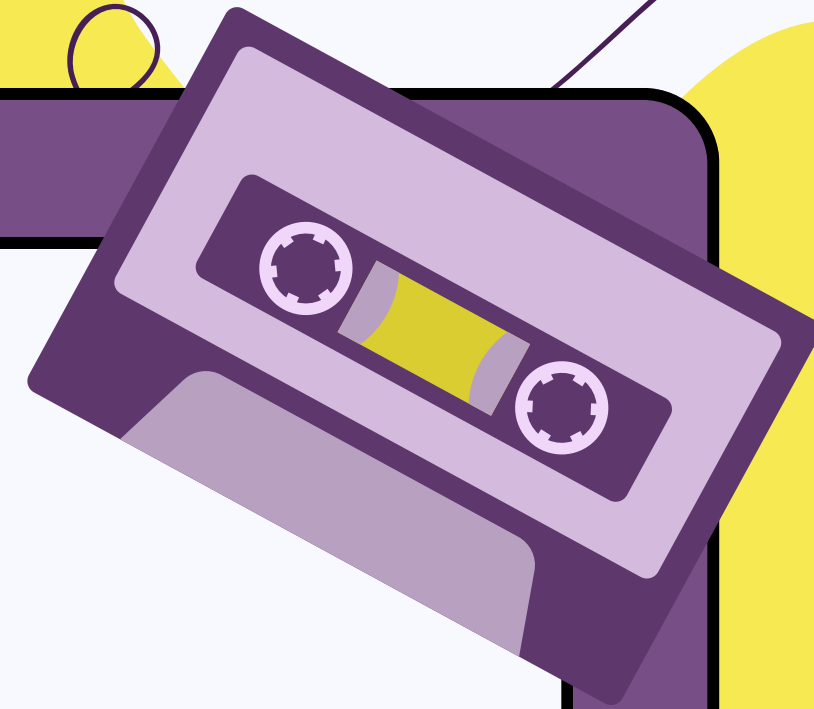


ENGAGING IN MUSIC AT HOME!

By incorporating music into our daily routines, we can reduce stress, improve mood and feel more centered and grounded. Music can be utilized both on its own and in addition to a variety of self-care techniques

SELF-CARE MATTERS!

Self-care encourages a healthy relationship with yourself and the world around you. By engaging in daily activities for self-care, you have the ability to not only lift up yourself, but those who surround you.





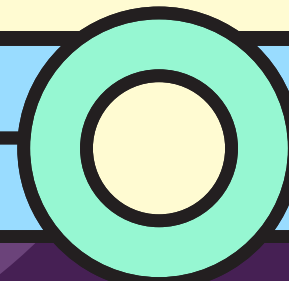
EASY WAYS TO INCORPORATE MUSIC INTO YOUR DAILY ROUTINE

Find Your Mantra Through Music: Music has the power to inspire and motivate us. Take some time to find a song or lyric that resonates with you and use it as your personal anthem. When you're feeling down or experiencing negative thoughts, say or sing these words to yourself to remind yourself of what you have control over.



HUM TO YOURSELF

take a moment to close your eyes and hum for 30 to 45 seconds. Feel the vibrations in your face or chest as your breathing becomes more regular and your focus increases. This simple exercise can help you feel more centered and less stressed out.



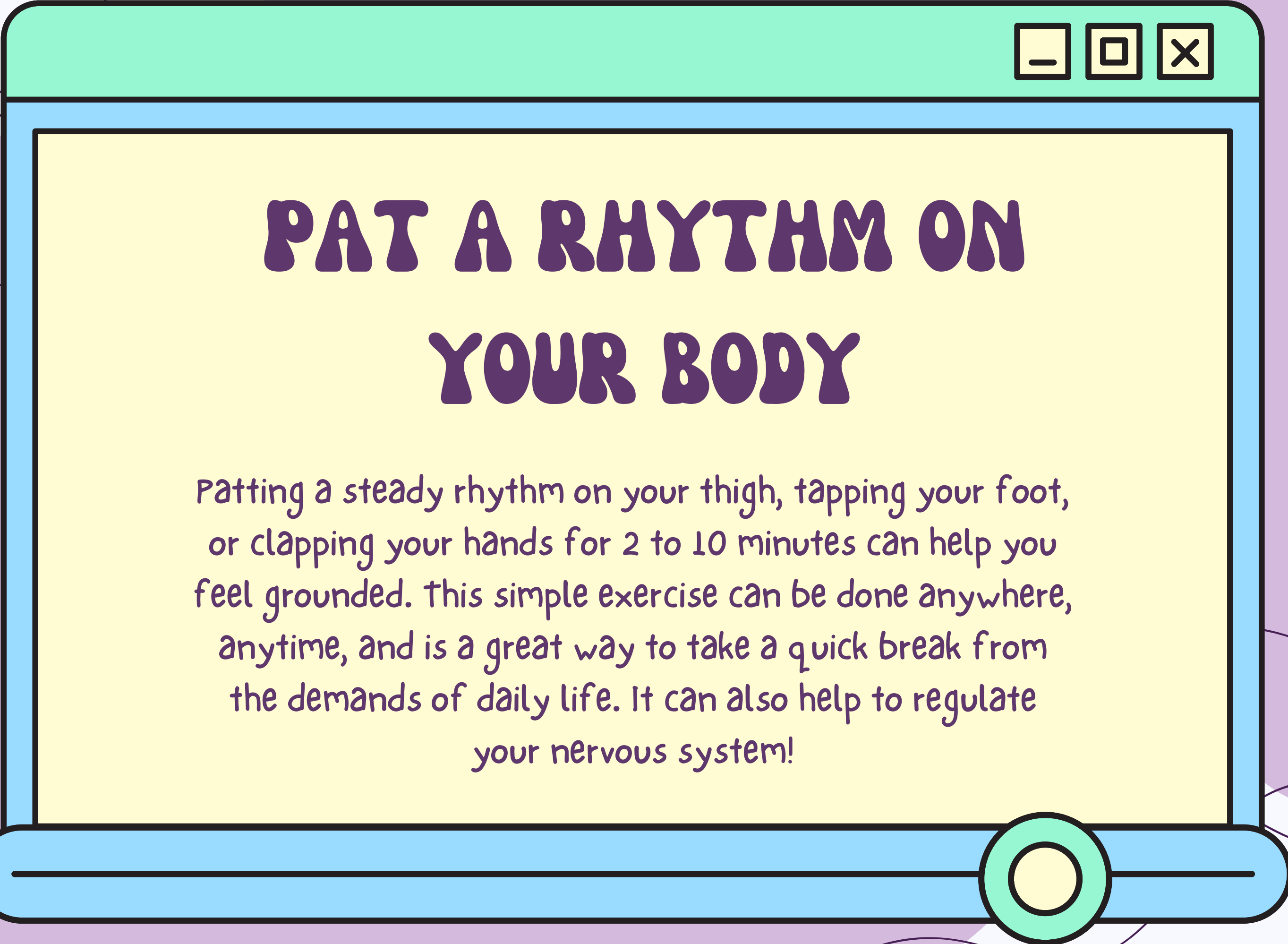


CREATE A PLAYLIST FOR DAILY LISTENING

Music has the power to uplift and inspire us. Take some time to create a playlist of your favorite feel-good and inspiring songs. Listen to it frequently and use it as a tool to create structure and positivity in your daily life.

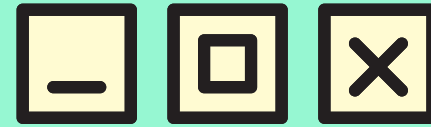
(Listening to music with a tempo that matches a 60-80 bpm (the resting heart rate) can help you feel more relaxed)





PAT A RHYTHM ON YOUR BODY

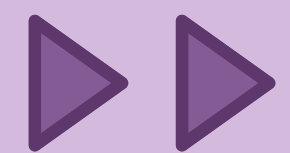
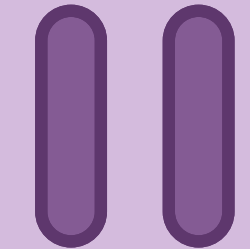
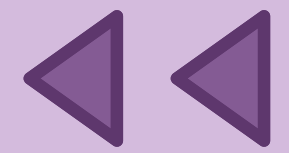
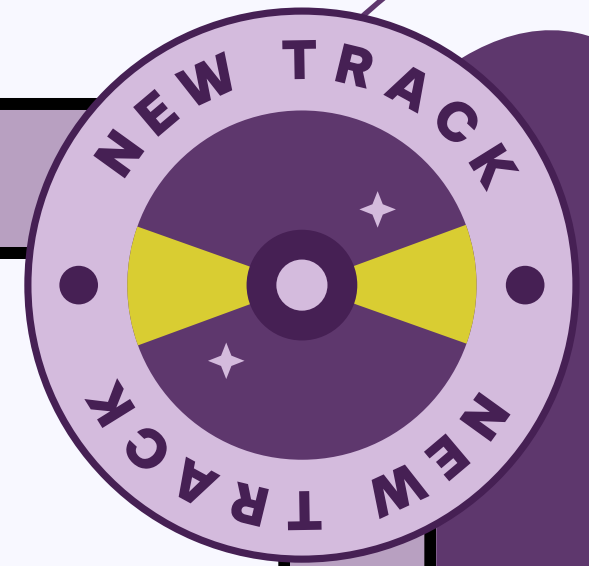
Patting a steady rhythm on your thigh, tapping your foot, or clapping your hands for 2 to 10 minutes can help you feel grounded. This simple exercise can be done anywhere, anytime, and is a great way to take a quick break from the demands of daily life. It can also help to regulate your nervous system!



ENJOY EXERCISE BREAKS WITH MUSIC.

Physical exercise is an excellent way to reduce stress and improve mood. Add some motivation to your workout by listening to your favorite upbeat songs. Not only will you feel better, but your workout will also feel easier.

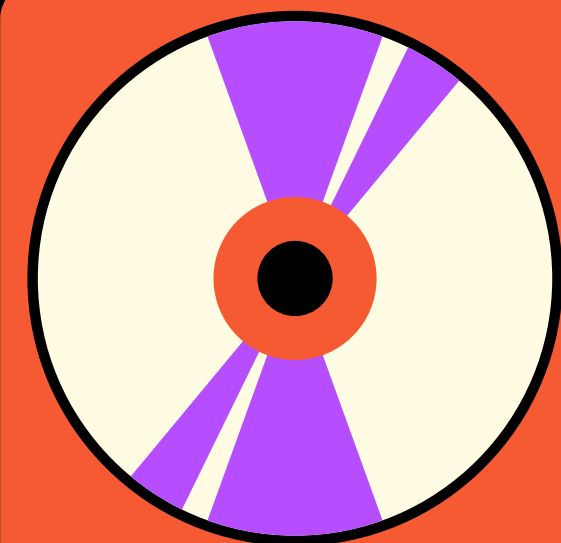
**LET'S DO AN
ACTIVITY
TOGETHER!**



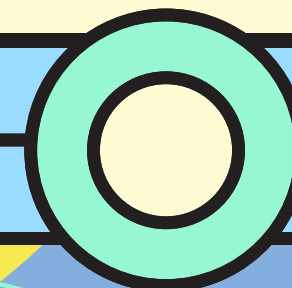


COPING PLAYLISTS

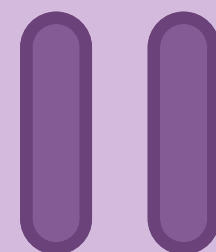
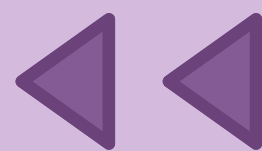
Coping playlists are a great tool for helping us understand our emotions. As humans, we experience a rollercoaster of emotions throughout different points of our lives. It is okay to experience different feelings. However, it is important we find healthy and mindful ways to cope with these different experiences for not only ourselves, but those around us.



★ **NEW** ★
SINGLE



USING MUSIC FOR RELAXATION





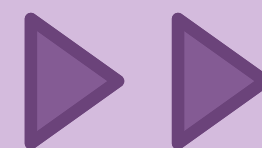
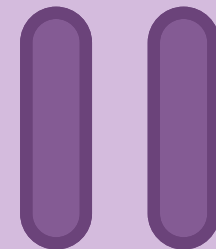
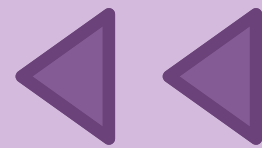
PROGRESSIVE MUSCLE RELAXATION

Progressive muscle relaxation (PMR) is a deep relaxation technique that has been effectively used to control stress and anxiety, relieve insomnia, and reduce symptoms of certain types of chronic pain. Progressive muscle relaxation is based upon the simple practice of tensing, or tightening, one muscle group at a time followed by a relaxation phase with release of the tension.



LIVE

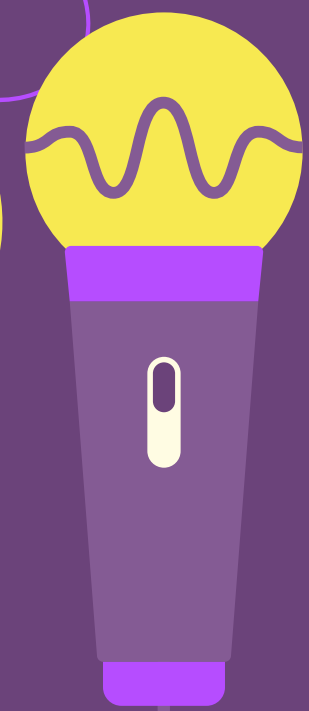
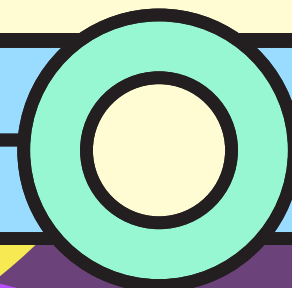
**HOW CAN MUSIC
HELP YOU?**





**INCORPORATE MUSIC INTO
DAILY ROUTINE**

**UTILIZE MUSIC FOR
STRESS RELIEF**



A stylized purple music player interface. The central screen is white and displays the word "QUESTIONS?" in a large, bold, purple, rounded font. To the left of the screen, there are several colorful musical notes (purple, orange, yellow) and a treble clef. The player's control bar at the bottom is purple and contains a yellow heart icon on the left, a pair of left-pointing triangles, a pause icon (two vertical bars), a pair of right-pointing triangles, and a yellow star icon on the right. The background is dark purple with white abstract shapes and lines.

QUESTIONS?